

Daily Routine

New-Age time-management

1 ALLAH halicci lokaci zuwa awo farko da kuma karshen!

A 'Daily na yau da kullum' yana da muhimmanci ga sadu da 'takalifi 2 (Kare jikin mutum) 'Da kuma zama shirye su fuskanci mai zuwa kalubale. Tashi, da gilashin dauka da sauki chilled tace ruwa, je bayan gida, yi 'Daily Fit (Darussan) ', bauta 'Daily salla', wanke fuska da hannuwa, da karin kumallo, samun ado. Duba ka 'gināwa. " Yanzu ka shirya domin kalubale. 'Shin mai kyau-rana, may 1 ALLAH albarkace ku ' .

1 ALLAH ne jira su ji daga gare ku!

Daily addu'a

Dear 1 ALLAH , Mahaliccin da ya fi kyau Universe Help ni zama da tsabta, tausayi da kuma kaskantar da kai Amfani da 7 Littattafan kamar yadda jagora:



Zan kare halittun da kāmā Tir.

Tsaya ga rika farmaki, disadvantaged, rauni, kuma mabukata Hay da yunwa, tsara rashin gida da kuma ta'aziyya rashin lafiya Ka zayyana:

1 ALLAH, 1 BANGASKIYA, 1 Church, Universe hidima wāto matsaranta gode yau

Your mafi m aminci wakili wakili (1st sunan)

Gama daukakar 1 ALLAH da kuma Good Adama

Wannan addu'a ne used yau da kullum wani bangare na yau da kullum na yau da kullum, shi kadai ko a cikin wani rukuni, a wani wuri-ka so, ta mafitar rānā da idanu rufe. Karanta a Gathering.



A 'Daily na yau da kullum' ya hada da m kuma ciyar ba kawai na 'I' amma duk sauran mutane da halittu da kuma dangane da ku. Wanke hannu bayan kowane bayan gida ziyarar da kafin kowane abinci. Wanke fuska da kowane abinci. Brush hakora da kuma wanke dukan jiki kafin zuwa gado.

A 'Daily na yau da kullum' ya hada da kasancewa mai kyau da kuma hukunta Tir. Da yake mai kyau ya shafi yin " **Bazuwar yin alheri** ". Zama irin wa I, to mutanen da suke kewaye da ku, da al'umma, da sauran halittu, da mazauninsu ... **1 ALLAH**

Yana son bazuwar yin alheri. Azabta Tir KOWANE amfani da ' **Law- mai bayarwa bayyanannu** ' kamar yadda mai shiryarwa.

1000 ta na da shekaru na 'Tir' suna zuwa ga wani karshen! **Zama Good! Cage Tir!**

Niyya ga 'Ku nēmi, riba da kuma amfani Ilimi', ' **Koyi & Koyarwa** ', auku a kan 'Life-gogewa'. Koyo da koyarwa wucewa a kan Life experiences suke da muhimmanci ga mai amfani **1 ALLAH** m rayuwa. **Wadannan ayyuka taimako a cikin 'ayyukansu'** tare da na gida mazauninsu da kuma rayuwa jinsunan. **Neman samun da ake ji Ilimi taimaka tare da amsawa 1 ALLAH 's** tambayoyi a kan Rānar jiyāma.



Daily Fit (darussan)

Daily bada mai kyau kiwon lafiya dole ne, wani bangare ne na yau da kullum na yau da kullum. Suna kammala kowace safiya. Daily darussan kara: dukkan-zagaye alheri, jini wurare dabam dabam, kwakwalwa aiki, abinci narkewa, mating- tura, tsoka toning, kai girma, ruri na rigakafi da tsarin. **The 7 darussan ne:** Kirji, injin nika mai aiki da karfin iska, Door frame, Dumbbell, Durqusa, saro, Swivel . All 7 bada su ne domin SHI, SHE wani aka maimaita.

Fara tare da 1 sake, karuwa zuwa a kalla 21. Amfani commonsense kan yadda azumi isa iyakar maimata da ita. Ya ci gaba da kullum maimata da ita ne m. **Wajen yin 21** maimata da ita 1 rana kuma ba wajen yin gaba ba da amfani. Bayan kammala da darussan tsaya kafa da kuma numfashi a warai sa'an nan exhale zuwa iyakar yi wannan sau 3. Ci gaba da Daily yau da kullum. **Note!** Ba wajen, akwai āyā daga total watsi ga jiki, low kai girma, lalaci, ...

Chest Darasi na 1: Tsaya tsayi makamai lankwasa kwance zuwa bene yatsu m kirji. **Matsar da** makamai baya har zuwa yiwu (**Ba karye**) . Sa'an nan matsawa makamai ga asali lankwasa matsayi. **maimaita (21 max) !**

injin nika mai aiki da karfin iska Darasi na 2: Tsaya tsayi, makamai shimfidadfu ne a kaikaice hori- zontal zuwa bene (**T-siffar**) . Mayar da hankali ka fadi mafarkinka a kan wani guda batu miki. Fara juya kewaye iri na agogo (**Hagu zuwa dama**) . Mayar da hankali kan abin da ya gani batu har da juya jiki dakarun ka ka rasa shi. ci gaba

juya refocusing maza maza. Ci gaba da juya zuwa ga batu na dizziness ko 21 jüya kōwane ḡayan adadin zo 1st. Numfashin warai tafiya 'yan mataakai steadying kanka. **Note!** Mafari ko murmurewa daga rashin lafiya da za a fara da 1 nuna kara zuwa 21 jüya max.

Gargadi, ko da yausha dakatar a lokacin da suka fara zuwa jin jiri.

Door frame Darasi na 3: Tsaya kafa a bude kofa firam da kafa hip nisa baya magincirōri tankwara sama a dama kwana (90 °, Trident siffar) . Danna magincirōri da bangarorin na kofar frame har ka ji tashin hankali tsakanin kafada ruwan wukake, riƙe (Count 10) , Saki tashin hankali. Bayan sakewa tashin hankali zuka ta hanci a ko'ina ciko cikin huhu zuwa max, riƙe (Kidaya 3) , Sa'an nan sannu a hankali exhale ta bakinsa zuwa max.

Dumbbell Darasi na 4: 1 dumbbell da ake amfani SHI (4kg) , SHE (2kg) . Kada ka yi amfani 2 Dumbbells. Tsaya kafa tare da kafāfunsu hip nisa baya magincirōri to your bangarorin dabino ta gaba. Karba dumbbell tare da hagu lankwasawa your gwiwar hannu har hannu da dantse ne a dama kwana (90 °) Sannu a hankali matsi bicep, dagawa Dumbbell har zuwa kafada riƙe (Kidaya 3) , Sa'an nan sannu a hankali runtse dumbbell zuwa fara matsayi, sake (1-7) . Canja zuwa dama hannu, sake (1-7) .

durqusa Darasi 5: Durkusa a kan wani prayermat jiki kafa, hannuwa da tabbaci sanya da buttock. Karkata shugaban gaba har Chin shāfe kirji. Yanzu sannu a hankali tip shugaban da baya kamar yadda har zai tafi, a lokaci guda ramammu baya har zuwa yiwu kiyaye hannuwanku m kan gindi.
maimaita (21 max) !

kugiya Darasi 6: A wani prayermat (Kare daga sanyi) karya lebur a kan baya, mika makamai dabino saukar da jiki. Yanzu sannu a hankali karkata shugaban gaba Extended makamai dabino saukar da jiki. Yanzu sannu a hankali karkata shugaban gaba har Chin shāfi kirji a lokaci guda daga your kafafu, gwiwoyi mike, a tsaye (90 °) riƙe (Kidaya 3) , Sa'an nan sannu a hankali dawo (Shugaban, kafafu) to farko. maimaita (21 max) !

Swivel E xercise 7: A wani prayermat (Kare daga sanyi) karya lebur a kan baya, mika makamai dabino saukar. Yanzu lankwasa gwiwoyi sheqa touch- ing buttock. Tsayawa dabino m on mat swivel gurfāne ga dama har sai sun shāfe mat. Sa'an nan swivel gurfāne zuwa hagu da taba da mat. Maimaita dama da hagu swivel kirgawa kowane hagu swivel. Shin, 21!

Bayan kammala kullum Fit. Da gilashin (0.2l) na ḡauka da sauki chilled tace ruwa.

Daily abubuwan gina jiki da

Daily dole, shi ne iya shan ruwa. Ruwa da aka sanyi tace, sha wani gilashin (0.2l) 7 ti mes (Safe, karin kumallo, farkon day- abun ciye-ciye, abincin rana, marigayi rana-ciye ciye, abincin dare, dare) . A total na 1.4l



The 7 tabarau na ruwa iya supplemented da sauran ruwa tushen drinks: Ground-Coffee, Cocoa- foda, Black-Tea, Na ganye-teas, Green-Tea. Wadannan iya bauta zafi ko sanyi. Kayan lambu-Juices ne mai kyau. Babu Fruit-ruwan 'ya'yan itace, babu ruwan lemo! Abun da ake ci 'babbar

Babu! ne Fructose!

Kowane mako-rana yana bukatar da jigo: misali Day1: kayan lambu.

Day2: kaji. Day3: dabbobi masu shayarwa. Mid-mako: dabbobi masu rarrafe. Day5: Seafood.

Mako-karshen: Kwayoyi, Tsaba. Fun-Day: kwari .

Breakfast hada da, Bread, Honey, Ganye, Kayan yaji, kwai, albasa, ..

Farkon abun ciye-ciye hada da, Bread, margarine, Ganye, Kayan yaji, grated cuku, albasa, ..

Abincin rana ya hada da, ne don hada da Salatin, ...

Late abun ciye-ciye hada da, Fruit kuma ko da kwayoyi da kuma ko berries.



Dinner hada da, Kayan lambu, Day-theme, ...

7 Foods cewa ya kamata a ci abinci kullum: fungi (naman kaza) da Hatsi (Sha'ir lentil, masara, hatsi, gero, quinoa, da shinkafa, da hatsin rai, dawa, alkama) , Hot chillies, da albasarta (Ruwan kasa, chives, tafamuwa, kore, Leek, ja, spring) , Pars- ley, Sweet-Capsicum, Kayan lambu (Bishiyar asparagus, wake, Broccoli, karas, farin kabeji, sprouts, ..). Rage cin abinci-No-Babu ta: Kerarre-abinci, Halitta modified food .. **Note!** Kafin kowane feed ku bauta wa:

1 ALLAH ne jira su ji daga gare ku!

Na gode addu'a

Dear 1 ALLAH , Mahaliccin da ya fi kyau Universe gode da samar da ni da Daily sha da kuma abinci Living by your latest sako

Na ungiyar Endeavor a kan ya cancanci abubuwan gina jiki a kowace rana zan iya da za a kare radadin kishirwa da kuma numbing Yunwar sha rafaɗɗin



Your mafi m aminci wakili-wakili (1st sunan)
Gama daukakar 1 ALLAH da kuma Good Adama

Amfani da wannan addu'a kafin kowane abinci!



lokacin da ciyar da **guje wa** m abubuwan gina jiki: Barasa, Artificial
abun zaki, fructose (**Glucose, sugar**) , Halitta modified food (**GM**) ,
Kerarre-abinci, ... **M**, gishiri, zaki azumi abinci. Carbonated sha
dauke da: Barasa, Caffeine, Kola, sodium, abon zaki!



Sauran da ake bukata domin rayuwa da kuma kiwon lafiya mai kyau. Babban sauran ne ' **Barci** '.
Barci kare a Daily yau da kullum. 1 hour kamata sun shude tun feed da tsarkakewa. Ku bauta wa
' **Barci da salla** '. Don samun m fasalin barci cikin gida mai dakuna dole ne a matsayin duhu
kamar yadda zai yiwu. An babu ciki da waje amo ne dole ne. **Night-dokar hana fita da ke sa**
wannan zai yiwu. ' **Shire** '
yi 'Night-dokar hana fita'.

1/3 na yau da kullum da aka kashe kwance, wani bangare na wannan entails barci. Don
tsira da mutum-jiki bukatun barci! **7 hours** yi.

Akwai abubuwan da ake bukata kafin kwance zuwa barci.

Ya kamata ya zama duhu, ya kamata ya kasance dare. Don samun m fasalin barci cikin gida mai
dakuna dole ne a matsayin duhu kamar yadda zai yiwu. An babu ciki da waje amo ne dole ne
'Shire' Dole yi 'Night-dokar hana fita'.

1 hour kamata sun shude tun da na karshe feed. Brush hakora da kuma wanke dukan
jiki kafin zuwa gado. Bauta 'Barci-salla'.

1 ALLAH ne jira su ji daga gare ku!

barci addu'a

Dear **1 ALLAH** , Mahaliccin da ya fi kyau Universe Kare ni a
lokacin da ni da mafi m kare ni daga unsettling da mugayen tunani
Bari ni da m, warkar da fasalin barci kada ka bari damuwa rushe
ta mafarkai da kuma barci Bari ni kawai tuna da zaki mafarki gama
daukakar na **1 ALLAH** da kuma Good Adama



Wannan addu'a ana amfani da je barci!



Da Ana shayar da-gilashi (**Ba roba**) cike da 0.2l na tace ruwa (**Kome kara**) a kan kowane bedside tebur. Kowane dare kafin zuwa gado sa gilashi a kan bedside tebur. **Note!** Sha a lokacin dare kowane lokaci bayan ka ziyarci wani bayan gida da kuma lokacin da ciwon bushe makogwaro, sha sauran lokacin samun up da safe.

Da 1 Goldtone gilashin kwano (**1 kawai ga nunka**) dauke da ganye concoction (**Kanshi therapie**) a kan taga gefen bedside tebur !

Shi ne na al'ada to dole 2 barci da hutu a-tsakanin. Ya kamata ka tashi (**Misali in je bayan gida**) , A kan dawo zauna a kan gado ta baki, sha da wasu ruwa. Shin da wadannan darussan (**All darussan da ake yi a zaune a kan gado ta gefen gurfāne kafada fadi baya**) . Duk lokacin da ka tashi yin wani daban-daban motsa jiki.

1st Darasi: Wajen da tafukan * hannuwanku da waje na gurfāne. Danna hannayensu ciki da gwiwoyi m, rike 7 seconds

(Ka ji tashin hankali a makamai, kafafu, kafada) . Huta, kai mai numfashin, babu maimata da ita, SIP ruwa, kwanta, barci da kyau. * bambancin amfani da fists.

2nd Darasi: Make fists * sanya su a kan ciki na gurfāne. Danna fists m da gwiwoyi ciki, rike 7 seconds (**Za ka ji tashin hankali a makamai, kafafu, ciki**) . Huta, kai mai numfashin, babu maimata da ita, SIP ruwa, kwanta, barci da kyau. * bambancin amfani da lebur dabino.

3rd Darasi: Bend makamai (**90%**) a kirji matakin nuna bar hannunka bautawa- unguwanni lankwasawa yatsunsu, kunna hannun dama zuwa kasa lankwasawa yatsunsu. Interlock yatsu m. Yanzu ja hannuwa a gaban shugabanci, rike 7 seconds (**Za ka ji tashin hankali a yatsunsu, makamai, kirji**) . Huta, kai mai numfashin, babu maimata da ita, SIP ruwa, kwanta, barci da kyau.

4th Darasi: Bend makamai (**90%**) a kirji matakin nuna bar hannunka bautawa- unguwanni, kunna dama da hannunka a cikin dunkulallen hannu. Place dunkulallen hannu cikin hannu kuma latsa saukar a lokaci guda manema bude hannunka sama, rike 7 seconds. Baya, rike 7 seconds (**Za ka ji tashin hankali a hannuwansu, makamai, wuyansa, kirji**) . Huta, kai mai numfashi da kuma SIP na ruwa, kwanta, barci da kyau. Babu maimata da ita.

Mutane da siga da baya kara da wannan darasi ga kowane motsa jiki: Wajen da hannayensu a gurfāne. Karkatar shugaban da baya lankwasa da baya sai rock gaba ba tare da rasa lamba tare da gwiwoyi (Za ka ji tashin hankali a makamai, baya, ciki) . Huta, kai mai numfashi, 7 maimata da ita, SIP ruwa, kwanta, barci da kyau.

Note! Mutanen da suka zauna da yawa a lokacin rana-lokaci. Shin yi 1 na night- lokaci darussan a juyawa kowane 2 hours.

Yana jikinka! Kiyaye shi Fit!

Da safe bayan 7 hours of barci:

Tashi, da gilashin tace ruwa, je bayan gida, yi 'Daily-Fit (Exerci- SES) 'Ku bauta wa' Daily-Addu'a ', wanke fuska, hannaye, da karin kumallo, samun ado. Duba ka 'gināwa. " Yanzu ka shirya for Life-abubuwan. Lokacin da za a waje sa, m tufafi da kuma shugaban, ido ta da kafāfunsu kariya.

Kaki barci ne azabtarwa! Azabtarwa a matsayin tambaya kayan aiki ne ba m. Azabtarwan da ake gudanar da lissafi: **MS R7**

Bukatar babu waje amo da dare (Dare-dokar hana fita) ! Shi ne da wata al'umma dama! Wakili Guardian amfani: CGNAs BS-1 (Kwanciya standard) !

Night-dokar hana fita

Jikin mutum da aka ba tsara don zama nocturnal. Mutane ba'a kwakwalwar su ikon ya halicci nocturnal salon. Wannan salon ba da amfani ga mai kyau kiwon lafiya. Night-dokar hana fita ake bukata domin kiwon lafiya mai kyau.

A 7 hour Night-dokar hana fita daga 14-21 hours (22- 6 hours, 24 hour Pagan- Agogon) ne m. Ga kyau kiwon lafiya, akan rage a samar da makamashi conump- illolin, raguwa a gurbatawa, kariya daga namun daji,. Raguwa a aikata laifi, Munā rage kudin da gwamnati, karfafa multiplication.

Babu wanda ayyukansu (Duk abin da yake rufaffiyar) fāce m gaggawa na sirri. Babu makamashi ne da za a yi amfani da fāce gaggawa ko dumama! 1 jama'a labarai radio station aka yarda dukan sauran nisha da aka kashe! Babu masana'antu, ofishin, ko retailer ne ta yi aiki, ko kuma yin amfani da makamashi.

Homes iya amfani da dumama (Dress dumi) , sanyaya (Dress haske) a cikin matsananci weather.



Night-dokar hana fita ne m. Domin da kasancewa daga cikin jikin mutum da kuma gida mazauninsu. A Shire enforces Night-dokar hana fita ta hanyar Shire Rehabil- tation **MS R1** . Maimaita masu laifi suna wuce zuwa lardin Gyaran wurin samun ruwa **MS R3** .

Night-dokar hana fita zuwa Ajiye Planet Duniya!

tanadi Bayani dalla-dalla

Order of Pages & umarnin: Daily: Yau da kullum, da salla, Fit. Lambobi: gaggawa, Adiresoshin. Sallah: Shirin, mai tanadi, Lokaci

tanadi * page da aka raba cikin 2 ginshikan: 'Shirin' / 'Nazari' * **Note!**
Mako-mako-mai tanadi: 52 shafuna kawai. Daily-gināwa: 365 pages kawai.

Shafi na Pages, umarnin:

lokaci: CG Klock, Night-dokar hana fita, CG Kalender, Fun-Day jigogi

Idin Ketarewa-gināwa: 1 page kawai. Quattro-gināwa: 1 page kawai

7Scrolls (Overview) , Map, Matakan

Plus! Komai shafukan rubuta 'Ideas'.

Anfani:

Fun-Day bincika your ayyuka da halin yanzu da shirin da kuma shigar da tsare-tsaren na zuwa 6 kwanaki (Kwanaki 1-6) .

Lokacin amfani da mai tanadi a wurin aiki ko nazari ba bari 'Lokaci' sarrafa Kai! Lokaci ne ba za a yi amfani da su hanzarta mutane. A jikin mutum ba

tsara don sauri.

Kada ka bari Ideas za a manta ko rasa. Kowace rana kuri'a na ideas ana zaton kashe da kuma sauri manta ko rasa. A dalilin zama da suka inda ba kiyaye su, rubuce ko rubutacce ne. **A mafi kyau rasa!**

Memory ne unreliable lōkacin da ta je tsare da kuma nurturing sabon ideas. **Kawo wani rubutu (Tanadi)** ko rikodin tare da ku, kuma a lōkacin da wani ra'ayin tasowa, adana shi ya yi! Mako-mako fayil your ra'ayoyin!

Fara da cewa da:

tanadi addu'a

Dear **1 ALLAH** , Mahaliccin da ya fi kyau Universe Help ni shirya ta Daily-na yau da kullum da zan bincika da kuma duba na shirin zan karfafa wasu su yi amfani da wata mai tanadi gode, ga ta mai tanadi



Ina kokari don amfani da shi ga takaice da kuma dogon lokaci shiryawa gama daukakar **1 ALLAH** da kyau na 'yan Adam

Wannan addu'a ana amfani da safe bangare na 'Daily-Routine'!



H ints

A 7 hour Night-dokar hana fita daga 14-21 hours (**22- 6 hours, 24 hour Pagan- Agogon**) ne m. Ga kyau kiwon lafiya, akan rage a samar da makamashi consump- illolin, raguwa a gurbatawa & kariya daga namun daji,. **Raguwa a aikata laifi, Munā rage kudin da gwamnati, karfafa multiplication.**

Lokacin da za a waje ko da yausha sa m 'tufafin kariya' (**Babu wucin gadi zaruruwa**) . don kare (**Idanu, gashi, fata, feet**) da humanbody daga sauyin yanayi, da cutar da kuma gurbatawa. **Waje nudity ne trashy!**

Lokacin yin Daily Fit amfani commonsense kan yadda azumi isa iyakar maimata da ita. **Wajen yin 1 rana da ba na gaba shi ne ba da amfani. Yana da jikinka, ka kiyaye shi shige!**



Daily na yau da kullum da wani wakili wakili ingancin rayuwa aiki!